

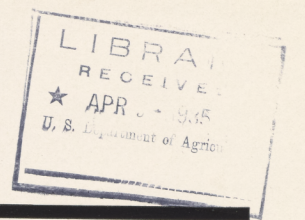
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# Vitamin B

## For Good Appetite and Good Muscle Tone

Female rat, 24 weeks old



This rat did not have enough vitamin B. The lack of muscle control is called spastic paralysis



The same rat 24 hours later, after receiving a food rich in vitamin B. Already it has recovered muscle control

## Good Sources of Vitamin B



Milk, all forms  
Fruits  
Vegetables

Whole grains  
Nuts  
Beans, peas, and other legumes

Liver and other edible organs  
Egg yolk  
Lean pork. Oysters